

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 52: Range of Minutes Exercised by Children on a Typical Weekday (Diary Sample)

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
Total	11	23	67
Gender			
Males	8	20	72
Females	13	27	60
Ethnicity			
White	13	22	65
African American	7	32	61
Latino	12	21	67
Asian/Other	3	25	72
Income			
≤\$19,999	12	19	69
\$20,000 - \$49,999	12	25	63
≥\$50,000	9	22	68
Federal Poverty Level			
≤ 185%	17	21	62
> 185%	8	24	69
Food Stamps			
Yes	11	14	74
No	11	23	66
Overweight Status			
Not at Risk	9	24	67
At Risk/Overweight	14	21	65
Physical Activity			
≥60 minutes	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A
School Breakfast			
Yes	10	15	75
No	11	24	65
School Lunch			
Yes	11	26	63
No	10	19	72
Nutrition Lesson			
Yes	8	24	69
No	15	22	63
Exercise Lesson			
Yes	9	22	68
No	13	24	62

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01